

Appl. No. : 10/761,785  
Filed : January 21, 2004  
Office Action Date : November 16, 2004  
Response Date : February 15, 2005

### AMENDMENTS TO THE CLAIMS

The following listing of claims will replace all prior versions and listings of claims in the application. In the following listing, Claims 1 and 8 are currently amended, Claims 2-7 remain as originally filed, and new Claim 9 is added herein.

#### Listing of Claims:

Claim 1 (Currently Amended): A system for supporting the forearms and hands of a user performing repetitive tasks, comprising:

- a support pad having a low-friction upper surface; and
- first and second cradles movable vertically and horizontally with respect to the upper surface of the support pad, each of the first and second cradles comprising:

- a first portion to support the lower portion of the forearm of a user [,] when the first portion resting is positioned upon the upper surface of the support pad;

- a second portion to support the hand of the user; and

- a retaining device to attach the cradle to the lower forearm of the user.

Claim 2 (Original): The system as defined in Claim 1, wherein the low-friction upper surface comprises neoprene material.

Claim 3 (Original): The system as defined in Claim 1, wherein the support pad has a bottom surface, and wherein the height of the upper surface with respect to the bottom surface is adjustable.

Claim 4 (Original): The system as defined in Claim 3, wherein the height is adjustable by rotating at least one wheel threaded onto a stud.

Appl. No. : 10/761,785  
Filed : January 21, 2004  
Office Action Date : November 16, 2004  
Response Date : February 15, 2005

Claim 5 (Original): The system as defined in Claim 1, wherein the retaining device comprises a bracelet fixed to the first portion.

Claim 6 (Original): The system as defined in Claim 1, wherein the retaining device comprises a hook and pile fastening system.

Claim 7 (Original): The system as defined in Claim 1, wherein the second portion includes a raised portion positioned to engage the palm of a user.

Claim 8 (Currently Amended): A method for reducing strains on the arms and shoulders of a user performing repetitive tasks such as typing and data entry, comprising:

positioning a support pad proximate a keyboard and generally in parallel to the front edge of the keyboard, the support pad having an upper surface, the upper surface comprising a low-friction material:

placing attaching a cradle [[on]] to each of the user's lower forearms and hands using a retaining device, the cradle having a forearm support portion and a hand support portion, the cradle being independent of and freely movable horizontally and vertically with respect to the upper surface of the support pad; and

positioning the forearm support portion of each cradle on the upper surface of the support pad with the hand support portions directed toward the keyboard, the cradles supporting at least a portion of the weight of the user's arms and hands while the user performs the repetitive tasks.

Appl. No. : 10/761,785  
Filed : January 21, 2004  
Office Action Date : November 16, 2004  
Response Date : February 15, 2005

Claim 9 (New): A system for supporting the forearms and hands of a user performing repetitive tasks, comprising:

a support device having a curved upper surface, at least the upper surface comprising a low-friction material; and

first and second cradles independently movable vertically and horizontally with respect to the upper surface of the support device, each of the first and second cradles comprising:

a first portion to support the lower portion of the forearm of a user, the first portion having a curved lower surface that has a small area of contact with the curved upper surface of the support device when the first portion is positioned upon the upper surface of the support device;

a second portion to support the hand of the user; and

a retaining device to attach the cradle to the lower forearm of the user.